

Sleep Apnea Quiz

1. Do you Snore loudly at night?
2. Yes No
3. Do you feel prolonged grogginess throughout the day?
4. Yes No
5. Are you apt to fall asleep quickly or unintentionally?
6. Yes No
7. Are you overweight and/or have a large neck?
8. Yes No
9. Do you wake up at night by gasping, choking or simply not breathing enough during sleep?
Yes No
10. Do your legs jerk frequently or feel uncomfortable / restless before or during sleep?
Yes No
11. Do you often find yourself falling asleep when you don't intend to, such as while viewing television or while driving?
Yes No

If you or someone close to you answers "yes" to any of the above questions, you should discuss your symptoms with your physician or a sleep specialist.

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have to
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C.P.A.P

Now you
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A
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What is Obstructive Sleep Apnea?

The most common kind of sleep apnea is called Obstructive Sleep Apnea Syndrome. Sleep apnea means "cessation of breath." It is characterized by repetitive episodes of upper airway obstruction that occur during sleep, usually associated with a reduction in blood oxygen saturation. In other words, the airway becomes obstructed at several possible sites. The upper airway can be obstructed by excess tissue in the airway, large tonsils, a large tongue and usually includes the airway muscles relaxing and collapsing when asleep. Another site of obstruction can be the nasal passages. Sometimes the structure of the jaw and airway can be a factor in sleep apnea

How do I get my sleep



How serious is sleep apnea?

It is a potentially life-threatening condition that requires immediate medical attention. The risks of undiagnosed obstructive sleep apnea include heart attacks, strokes, impotence, irregular heartbeat, high blood pressure and heart disease. In addition, obstructive sleep apnea causes daytime sleepiness that can result in accidents, lost productivity and interpersonal relationship problems. The severity of the symptoms may be mild, moderate or severe.

How does the doctor determine if I have Obstructive Sleep Apnea? A sleep test, called [polysomnography](#) is usually done to diagnose sleep apnea. An overnight polysomnography test involves monitoring brain waves, muscle tension, eye movement, respiration, oxygen level in the blood and audio monitoring. (for snoring, gasping, etc.) Sleep Apnea is usually treated with a **C.P.A.P. (continous positive airway pressure)**. C-PAP is a machine that blows air into your nose via mouth or nose mask,

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Now there is a way you can treat your apnea with a mouthpiece, which we offer here. This device has had an evolution since 1999 and latest Time-tested Thousands of happy patients..

The way this device works is to pull the lower jaw forward, which opens up the airway and pulls the tongue out of the back of the throat. The tongue is the main problem.

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- Non-breakable under normal use.
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- Phone hours are 8am to 4pm.
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